



April 1, 2003
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Santa Fe Families

Spring Forward; The History of Daylight Saving Time



Individual Highlights:

Single Parents!!! Time to Exercise??	2
Chaplain's Corner	3
Easter	3
Spring is Here	4
Beware of non-Government	
Websites	4
Kids Adventures	5
Transfer of Authority at Eagle Base	6
Up-Coming Events (Fundraiser)	6
Share the Knowledge	6
Tricare Update	7
Video TeleConference (VTC)	7
Recipes in 20 minutes	8
Calendar of Events	8

The idea of daylight saving was first conceived by Benjamin Franklin during his journey as an American delegate in Paris in 1784, in an essay, "An Economical Project." The idea was first advocated seriously by a London builder, William Willett (1857-1915), in the pamphlet "Waste of Daylight" (1907) that proposed advancing clocks 20 minutes on each of four Sundays in April, and returning them by the same amount on four Sundays in September. As he was taking an early morning ride through Petts Wood, near Croydon, Willett was struck by the fact that the blinds of nearby houses were closed, even though the sun was fully risen. When questioned as to why he didn't simply get up an hour earlier Willett replied with typical British humor, "What?" In his pamphlet "The Waste of Daylight" he wrote: "Everyone appreciates the long, light evenings. Everyone grieves their shortage as autumn approaches; and everyone has given utterance to regret that the clear, bright light of an early

morning during spring and summer months is so seldom seen or used".

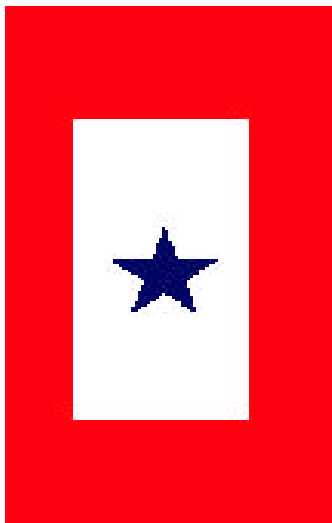
Daylight Saving Time (DST) has been used in the United States and in many European countries since World War I. During World War I, in an effort to conserve fuel needed to produce electric power, German and Austria took time and began saving daylight at 11 p.m. on the 30th of April, 1916, by advancing the hands of the clock one hour until the following October. This 1916 action was immediately followed by other countries. Britain began 3 weeks later, on 21 May 1916. In 1917, Australia, Newfoundland and Nova Scotia initiated it.

Continued on page

Blue Star Service Banner

The Blue Star Service Banner was designed and patented in 1917 by World War I Army Capt. Robert L. Queissner of the 5th Ohio Infantry who had two sons serving on the front lines. It quickly became the unofficial symbol of a child in the service. On Sept 24, 1917, an Ohio congressman read the following into the Congressional Record: "...The mayor of Cleveland, the Chamber of Commerce and the governor of Ohio have adopted this service flag. The world should know of those who give so much for liberty. The dearest thing in all the world to a father and mother – their children." During World War II, The Department of War issued specifications on the manufacture of the banner as well as guidelines indicating when, and by whom, the Service flag could be flown or the Service Lapel button could be worn. The banner can be seen hanging in the front window of Mrs. Ryan's house in the movie Saving Private Ryan. The Blue Star Service Banner is an 8 by 16-inch white field with a blue star(s) sewn onto a red banner. Today, Blue Star Service Banners are displayed by families who have a loved one serving in the armed forces,

including activated members of the National Guard and Reserves, whether the family member is a son, daughter, brother, sister, wife, husband, cousin, grandchild, etc. The banner displayed in the front window of a home, shows a family's pride in their loved one serving in the military, and reminds others that preserving America's freedom demands much. These banners are sometimes mistakenly believed to indicate how many sons have been killed in combat. The blue star represents one family member serving in the armed forces. A banner can have up to five stars, signifying that five members of that family are currently in military uniform on active duty. A gold star replaces the blue star if that relative was killed or died in service. The flag can be purchased at most Post Exchanges and on several websites including the ones listed on page 8.



Single Parents!!! Time to Exercise???

by Mike Gowen



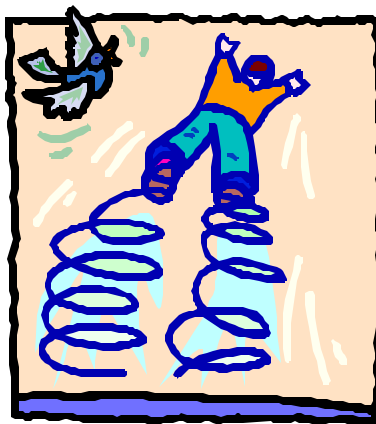
So I'm riding bikes around the block in our neighborhood with my youngest daughter this week when she looks me square in the eye and says, "Daddy, you should do this everyday." I'm not sure what gave me away. Certainly it was not my huffing and puffing, eyes bulging, perspiration falling like rain, red faced appearance that gave me away. Maybe it was the fact she had to keep stopping to let me

catch up. Or it could have just been the fact that I couldn't complete a sentence that contained more than three words or twelve syllables without gasping for air. Regardless, my nine-year old had me cold. Kids can be brutally honest at times. She was absolutely right. It began to dawn on me that if I want to live long enough to tell my kids what they are doing wrong in raising their own children I will have to make some changes. I haven't always been lazy when it comes to exercise. It seems though that the busier I get exercise is always the first item on my schedule to get cut. I will have to work on that. I tried the health club circuit before but didn't have the time and energy to get into shape before I joined. Over there is Mr. Atlas, next to him is Hercules, and lets not leave out Xena and Wonder Woman. Oh, then there's me. The trainers could care less about working with someone like me. "Well, I'd like to help you little buddy but right now I've got to help Betty tone her a...abs." Don't get me wrong, I admire those people for being in such great shape. For single parents it's sometimes a little tough to do. I was listening to Denise Austin on the radio the other day.

Continued on page 6

Spring Forward; The History of Daylight Saving Time Con't

"An Act to preserve daylight and provide standard time for the United States" was enacted on March 19, 1918. It both established standard time zones and set summer DST to begin on 31 March 1918. It placed the country on Daylight Saving Time for the remainder of WWI, and was observed for seven months in 1918 and 1919. The law, however, proved so unpopular (mostly because people rose earlier and went to be earlier than we do today) that the law was later repealed in 1919 over President Wilson's veto. It became a local option, and was continued in a few states, (Massachusetts, Rhode Island) and some cities (New York, Philadelphia, Chicago, and others). During World War II, President Roosevelt instituted year-round day light Saving Time, called "War Time." (from 2 February 1942 to 30 September 1945). From 1945 to 1966, there was no federal law about Daylight Saving Time. So states and localities were free to choose whether to observe Daylight Saving Time and could choose when it began and ended. This, however, caused confusion—especially for the broadcasting industry, and for railways, airlines, and bus companies. Because of the different local customs and laws, radio and TV stations and the transportation companies had to publish new schedules every time a state or town began or ended Daylight Saving Time. In the early 1960's observance of Daylight Saving Time was quite consistent, with a hodgepodge of time observances, and no agreement when to change clocks. The Interstate Commerce Commission, the



nation's timekeeper, was immobilized, and the matter remained deadlocked – until 1961. Many business interests were supportive of standardization, although it became a bitter fight between the indoor and outdoor theater industries. The farmers, however, were opposed to such uniformity. State and local governments were a mixed bag, depending on local conditions. By 1966, some 100 million Americans were observing Daylight Saving Time based on their own local laws and customs. Congress decided to step in to end the confusion and establish one pattern across the country. The Uniform Time Act of 1966 created Daylight Saving Time to begin on the last Sunday of April and to end on the last Sunday of October. Any State that wanted to be exempt from Daylight Saving Time could do so by passing a State law. On 4 January 1974, Nixon signed into law the Daylight Saving Time Energy Act of 1973. Then, beginning on 6 January 1974, implementing the Daylight Saving Time Energy Act, clocks were set ahead for a fifteen-month period through 27 April 1975. In 1972, Congress revised the law to provide that, if a State was in two or more time zones, the State could exempt the part of the State that was in one time zone providing that the part of the State in a different time zone would observe DST. The Federal law was amended in 1986 to begin DST on the first Sunday in April. DST is not observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, most of the Eastern Time Zone portion of the State of Indiana, and the state of Arizona.

Chaplain's Corner



I would guess that this is not the best of times for those of you reading this today. Your loved one is overseas, you are shouldering responsibilities that you are used to sharing, and the war in Iraq causes an undercurrent of concern that we can't always identify, but is, nevertheless, there. This is the season of Lent in the Christian year, the forty days before Easter. Those of us who observe it, besides looking in the dark corners of our own lives, walk with Jesus as he approaches the end of his earthly ministry, his betrayal, torture, and death. It is a time of seeing how fragile we are as human beings, and of contemplating that which can happen when we, and others, are not at our best. There are two events which give us hope, peace, and courage in this Lenten time, be it Christian season or the less-than-perfect circumstances of our (your) lives. Those two events are the Cross and the Resurrection. Christians believe that on the cross, it was not only Jesus who suffered, but God as

well. Christians believe in a suffering God. In other words, God is not distant from our fears and sorrows (or sickness, or pain, or mourning). He experienced all the despair and loneliness of Jesus, and he knows ours as well. God has "been there, done that," and continues to be with us. Then there is the Resurrection. Jesus died. But Jesus did not stay dead. When God raised him from the dead, God not only defeated death, but all of the bad things that happened to Jesus before he died. There is a lot to be said about the Resurrection, but I believe that part of what can be said is that God can bring good out of anything bad. He will bring new life to any situation, even those situations our logic tells us are life draining--when we let Him! We don't always see the results right away; sometimes it takes months or years. But He is at work, and, in the meantime, you are not alone.

May God bless you and keep you.
Chaplain (Major) Larry Parrish

EASTER



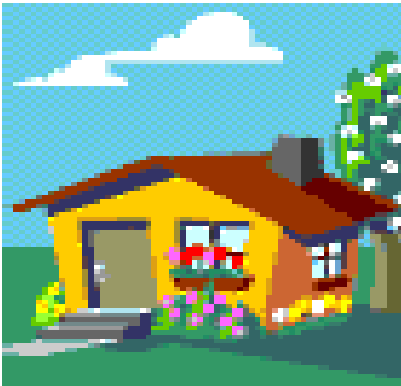
Easter celebrates the resurrection of Jesus Christ. It is the most important feast in the Christian calendar. The churches are filled with worshipers, the altars are decorated with flowers, and the music proclaims the joy of the season.

Easter Sunday falls sometime between March 22 and April 25. It falls on the first Sunday after the first full moon following March 21. The date of Easter Sunday was established by the church council of Nicaea in A.D. 325. Easter Sunday ends a period of preparation for the feast of Easter. This 40-day period of prayer and fasting, called Lent, begins on Ash Wednesday and ends on Holy Saturday, the day before Easter. The week from Palm Sunday to Easter Sunday is known as Holy Week. Good Friday marks Christ's crucifixion; and Easter Sunday, his resurrection. The custom of a sunrise service on Easter Sunday can be traced to ancient spring festivals that celebrated the rising sun. The custom developed further in the Middle Ages, when celebrations at sunrise were also popular. People gathered to pray as the sun appeared and then went in procession to their churches.

The new clothes worn on Easter Sunday are a symbol of new life. The custom comes from the baptism on Easter Sunday of early Christians who were led into church wearing new robes of white linen. The present-day Easter parade has a parallel in the Middle Ages, when people walked about the countryside on Easter, stopping along the way to pray. Nowadays many people walk in Easter parades to show and see new spring clothes especially hats.

The Easter Bunny: The Easter Bunny is not a modern invention. The symbol originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit. The Germans brought the symbol of the Easter rabbit to America. It was widely ignored by other Christians until shortly after the Civil War. In fact, Easter itself was not widely celebrated in America until after that time.

The Easter Egg: One of the best-known Easter symbols is the egg, which has symbolized renewed life since ancient days. The egg is said to be a symbol of life because in all living creatures life begins in the egg. The Persians and Egyptians also colored eggs and ate them during their new year's celebration, which came in the spring.



SPRING IS HERE

Spring is the time to get your landscape ready to bloom and ready yourself for outdoors home improvement projects.

Repair winter damage.

Look for sagging gutters, loose window frames or siding, deteriorating concrete or brickwork, missing roof shingles, or water damage under leaves or soffits. Schedule repairs promptly.

- ✓ **Yard work.** Clear away fallen branches and leaves. Use a mulching mower to spread clippings evenly over the lawn and fertilize naturally. Loosen the soil around perennials; plant annuals or a vegetable garden. Prune shrubs and trees.
- ✓ **Patch and paint.** Check exterior walls for holes or cracks; patch and paint as necessary.
- ✓ **Fans and air conditioners.** Clean fan blades using mild soapy water. Check the central air-conditioning unit for debris and obstructions; vacuum the main condenser coil on top of the unit. Check the operating condition of window air-conditioning units; remove and wash filters in mild soapy water.
- ✓ **Turn on outdoor water supply.** Hook up the garden hose and inspect it for cracks or leaks. Replace old washers.
- ✓ **Clean windows.** Wash windows, screens, and windowsills; repair any winter damage.
- ✓ **Check exhaust fans and vents.** Make sure all exhaust fans and vents are clean and clear. Remove lint buildup from the clothes dryer vent.
- ✓ **Remove winter ashes.** Sweep ashes into your fireplace's ash pit or into a dustpan. Clean and lightly oil fireplace tools. Remove ashes from wood-burning stoves and inspect all moving parts and gaskets to make sure they seal tightly.
- ✓ **Condition your deck.** Hammer in any loose nails, or replace them with galvanized deck screws. Replace any broken boards or rails. Rent a power washer to clean dirt and mildew from the wood, and then apply an all-weather sealer or stain. Set up patio furniture.
- ✓ **Check fences and pool.** Repair any broken fence boards and paint or seal them as needed. Clean the pool if it has been covered all winter.
- ✓ **Spring-cleaning.** Dust walls and ceilings to remove cobwebs and wash any grimy areas. Dust or wash registers. Wash window curtains or remove drapes for dry cleaning. Clean rugs and carpeting. Dust and polish wood or laminate floors. Polish woodwork. Clean the garage and bring out the garden tools and lawn mower.

Beware of Non-Government Websites!!!!

(Requesting Information about your family or your soldiers)

Because of the number of soldiers that are deployed all over the United States of America a number of fraudulent websites have shown their naughty heads. The websites give the impression that it is a government site designed to aid families in communicating with deployed soldiers. This website is not affiliated with the U.S. government. Use of this website is discouraged, in that it could elevate the risk.

1. **BACKGROUND:** On 26 February 2003, the ACERT published a SAR warning Army service members about the NACEC.org website. NACEC.org advertises a service that provides emergency notification to support military families. This site requests private information such as service members' names, addresses and the names and addresses of family members. After the ACERT published the original SAR, the site stopped requesting service

members' Social Security Numbers (SSN).

2. **The ACERT:** does not believe that the NACEC.org web site is anything other than what it purpose to be; however, it is NOT associated with the federal government and therefore the security of information held by the organization cannot be verified. In general, soldiers must be cautious about providing any personal information to any non-DOD site and must pay particular attention about information that is classified as for official use only or higher (see AR 380-5, paragraph 5, for the handling of such information).

3. **RECOMMENDED ACTIONS:** Soldiers should use the Army Knowledge Online (AKO) as an official channel for communications between them and their family members.

Kids

Easter Crown Bread

To decorate this pretty Easter crown, you will need 5 colored eggs but they must be UNCOOKED. Be sure to use non-toxic dyes as you color them. This handmade version and the bread machine version are available in Master Cook format.

3 to 3 1/2 cups all-purpose flour (divided use)
 1/4 cup granulated sugar
 1 package active dry yeast
 1 teaspoon salt
 2/3 cup warm milk
 2 Tablespoons softened butter or margarine
 2 eggs
 1/2 cup chopped mixed candied fruit
 1/4 cup chopped blanched almonds
 1/2 teaspoon anise seed

 5 uncooked eggs

Non-toxic egg coloring
 Vegetable oil

In a large mixing bowl, combine 1-cup flour, sugar, yeast, and salt. Add the milk and butter and beat with an electric mixer for 2 minutes on medium. Add the eggs and 1/2-cup flour and beat on high for 2 minutes.

Stir in the fruit, nuts, and anise seed, mixing well. Stir in enough remaining flour to form a soft dough. Turn out onto a lightly floured surface and knead until smooth and elastic (about 6 to 8 minutes). Place in a greased bowl, turning once to grease the top. Cover with a damp cloth or plastic wrap and let rise in a warm place until doubled in size (about 1 hour).

About 30 minutes before dough has finished rising, color the 5 eggs (leave them uncooked) with non-toxic dyes. When dry; lightly rub them with vegetable oil.

Punch down the risen dough. Divide in half. Roll each half into a 24-inch rope. On a greased baking sheet, loosely twist the two ropes together. Form into a ring and pinch the ends together. Gently split the ropes and tuck the 5 colored uncooked eggs into the openings. Cover and let rise again until doubled (about 30 minutes). Bake in a 350-degree F. oven for 30 to 35 minutes or until a golden brown. Remove from the baking sheet and cool on a wire rack.



Easy Multicolored Eggs

Materials Needed:

- Assorted colors of tissue paper (read all instructions to decide how much)
- 1 1/2 cups of liquid laundry starch
- Wax paper
- About 12 blown out eggs (depending on how many you want)
- Glossy spray hardener

Instructions:

- Pour the starch into a bowl.
- Spread about a foot x foot square of waxpaper onto your flat workspace.
- Shred your tissue paper into squarish pieces about 1/2 an inch tall and wide. The easiest way to do it is to rip long strips of paper and then rip those going across to make squarish stuff. Ripped edges look the best, but if you want you can use scissors.
- Dip the pieces of paper into the starch and lay them onto the egg, making sure you overlap, leaving no white spots. The best way to do this is to do half an egg, let it dry, and then do the other half.
- When it's dry, put a coat of the glossy hardener on it.



Easter Word Hunt

R	X	U	K	X	E	C	C	H	I	C	K	D	T
H	B	A	S	K	E	T	G	O	L	Y	M	A	D
I	T	S	E	N	B	U	T	T	E	R	F	L	Y
D	S	L	H	J	C	H	O	C	O	L	A	T	E
E	R	I	T	E	X	T	T	R	A	B	B	I	T
G	E	D	O	L	U	F	R	O	L	O	C	Y	A
G	W	O	L	L	I	W	Y	S	S	U	P	A	R
S	O	F	C	Y	Y	E	A	S	T	E	R	O	O
S	L	F	W	B	A	T	F	B	E	D	E	N	C
A	F	A	E	E	Y	N	N	U	B	A	P	U	E
R	I	D	N	A	L	U	G	N	I	R	P	S	D
G	N	Z	F	N	A	H	V	S	E	A	R	C	H
Z	D	P	A	L	M	T	U	L	I	P	S	K	D
K	Y	L	I	L	B	L	D	I	K	O	C	H	A

BASKET
 BUNNY
 BUTTERFLY
 CHICK
 CHOCOLATE
 COLORFUL
 DAFFODILS
 DECORATE
 DYE
 EASTER

EGGS
 FIND
 FLOWERS
 GRASS
 HIDE
 HOTCROSSBUN
 HUNT
 JELLYBEAN
 LAMB
 LILY

NEST
 NEWCLOTHES
 PALM
 PARADE
 PUSSYWILLOW
 RABBIT
 SEARCH
 SPRING
 SUNDAY
 TULIPS

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Finger Paint

1/2-c. cornstarch
 1-c. cold water
 1 envelope unflavored gelatin
 2-c. hot water
 1/2-c. soap flakes or detergent
 Dissolve cornstarch in 3/4-cup cold water, soak gelatin in remaining 1/4-c. cold water. Add hot water to cornstarch mix. Cook on medium heat, until it starts to boil and is clear, stirring constantly. Remove from heat. Blend in softened gelatin. Add soap and stir until dissolved. Cool, and divide into 5 jars. Color each one with desired color with food coloring. Kids love to finger paint. If it is a nice day outside, let them paint outside. Clean up is easy, just spray off paint with the garden hose.
HAVE FUN PAINTING!



Transfer of Authority Ceremony held at Eagle Base



Press Release

Release Number: PR 0324-03

Date: 24 March 2003

EAGLE BASE, Tuzla, Bosnia and Herzegovina — Brig. Gen. James R. “Ron” Mason succeeded Brig. Gen. John T. von Trott as commander of Multinational Brigade (North) in a Transfer of Authority ceremony March 24, 2003.

The Transfer of Authority ceremony marked the transition from the “Keystone Division,” and SFOR 12 rotation of the 28th Infantry Division (Mechanized) headquartered in Harrisburg, Pennsylvania, to the SFOR 13 rotation of the 35th Infantry Division (Mechanized), headquartered on Fort Leavenworth, Kansas.

The ceremony marked the first time in the history of the United States contribution of NATO-led peacekeepers that back-to-back rotations were made up predominantly of National Guard and Reserve personnel or “citizen soldiers”. As the commanding general of MNB (N), Mason thanked von Trott and the soldiers of the 28th for “the magnificent job” they accomplished during their tour here. He also expressed his division’s pride in being part of “the same field” as the 28th, “two of America’s great fighting divisions

... on point for the nation, as they once did in World War II, during the Battle of the Bulge.”

Mason stated that the soldiers of SFOR 13 were prepared to continue to move the General Framework Agreement process forward, to the eventual realization of a functional, self-sustaining government in Bosnia and Herzegovina.

“In the years since the Dayton Peace Accords were signed, we have worked hard to shape a safe and secure environment for all people of Bosnia and Herzegovina,” he said. “I am pleased to say that environment continues to improve and now takes less SFOR intervention.

“Soldiers of the 35th and SFOR 13, the colors have been passed and the task at hand is now ours. I know that you are well equipped, well trained, and willing to assume our assigned responsibilities ... It’s time to cross the line of departure. Let’s move out smartly, Santa Fe.”

UP-COMING EVENTS (Fundraiser)

The 35th ID (M) Family Assistance Center has been offered the opportunity to participate in a Fund Raiser at Kansas City Royals and Kansas City Wizards games, running their concessions stands. We will receive a percentage of the proceeds according to the number of volunteers participating. If we work a determined number of games we will be given the opportunity to work the Chiefs games. Please contact SSG Myers at the Leavenworth Family Assistance Center if you are interested. All proceeds will be donated to support the Family Readiness Groups and Family Assistance Centers for SFOR13.

Single Parents!!! Time to Exercise??? Con't

Here is a woman that is bursting with so much energy she is almost downright annoying. She was talking about having a baby, being way overweight, yet back into shape just weeks later to start filming her exercise class again. I can't argue with her dedication. I met her once and if memory serves me correct her waist was about 18" and I doubt you could find enough fat on her to fry an egg. She did say one thing that I liked though. She was talking about holding your stomach in for 10- seconds was equal to one sit-up. She got my attention because I hate sit-ups. She had a couple other tips that escape me at the moment but I think she has a video coming out for exercise challenged people such as myself. With single parenting exercise is difficult. Let's face it. Our day starts early and ends late.

Share the Knowledge

Some YMCAs Offer services to guard/Reserve Families

A memorandum was issued in December from the National YMCA and the Armed Services YMCA (ASYMCA) to the approximately 2,350 community YMCAs in the United States encouraging them to provide support to families of activated National Guard and Reserve members, especially in locations not in proximity to military installations. The YMCA will automatically discount the family's membership at least

50 percent as well as waive the \$100 joining fee for the families of our deployed men and women. Families of Guard, Reserve, and active duty members not located near a military installation should contact their local community YMCA to see what programs and services are available. For more information, see the YMCA web sites: www.asymca.org, www.ymca.net.

TRI CARE Update policies and procedures for Activated Reserve and National Guard soldiers and their families



Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs, and Thomas F. Hall assistant secretary of defense for reserve affairs, announced today policy changes that will enhance the Tricare Prime and Tricare Prime Remote (TPR) programs for members of the National Guard and Reserves and their family members. Starting March 10, 2003, Guard and Reserve Family members, if their sponsor is on active duty (federal) orders for more than 30 days, will be eligible to enroll in Tricare Prime and enjoy the access standards and cost shares associated with the Prime benefit. "Previously, sponsors had to be eligible in the Defense Enrollment Eligibility Reporting System (DEERS) and activated for 179 days or more before family members were eligible to enroll in Tricare Prime," Winkenwerder said. "The Department of Defense (DOD) recognizes the contributions and sacrifices made by these families each and every day. Our commitment is to continue making improvements to the Tricare benefit to enhance access and quality of care these families receive." Guard and Reserve family members who reside with their sponsors in a Tricare Prime Remote location at the time of the sponsor's activation can now enroll in the Tricare Prime Remote for Activity Duty Family Members (TPRADFM) program. For Family members to be eligible to enroll in the TPRADFM program, sponsors and their family members must reside at a location that is at least 50 miles or more in distance or approximately a one-hour drive from nearest military treatment facility (MTF). Sponsors and family members also must be identified as eligible in DEERS. "It's important that we take care of the families of our Reserve Component members, "We want to ensure that our

mobilized National Guard and Reserve members aren't worried about who's caring for their families while they're gone, and to return them to families whose health care needs have been met by the Military Health System", Hall said. Contract changes are underway at Tricare Management Activity to implement the new TPRADFM policy. Once the changes are accomplished, family members of the Guard and Reserve sponsors activated for more than 30 days may start using the TPRADFM benefit, which has non co-payments, deductibles or claim forms to file, and which offers providers who meet rigorous standards for providing quality health care.

Guard and Reserve family members who choose not to enroll in either the Tricare Prime or TPRADFM program may still use the Tricare Standard and Extra benefits, with applicable cost shares and deductibles. Guard and Reserve sponsors need to verify that DEERS information for themselves and their family members is accurate and up-to-date. They are encouraged to contact DEERS at the Defense Manpower Data Center Support Office toll free at (800) 538-9553. Sponsors and family members may also update their address in DEERS on the Tricare Web site at <http://www.tricare.osd.mil/DEERSAddress/>. Future updates regarding benefits for members of the Guard and Reserve and their family members will be posted on the Tricare Web site at <http://www.tricare.osd.mil/reserve>.

PLEASE NOTE: The following website will allow you to perform the zip code test to verify whether you are eligible for the remote service. In order to check your zip codes you will need to have your sponsor's home unit zip code and his/her resident zip code on day of mobilization.

<http://www.tricare.osd.mil/tpr/>

If you do not have access to a computer please fill free to contact the 35th ID (M) Family Readiness Office and we will assist you.

For further questions or concerns contact AGR Health Systems Specialist Dottie Clark at (785) 274-1185

VideoTeleConference (VTC)

Video Tele Conferencing is a means for family members to communicate with their soldier overseas through video, which means you, will see them and they will see you. The 35th ID (M) Family Readiness Office is currently in the process of establishing a Video Tele Conference at least twice a month while the soldiers are deployed. The conferences will be held in one of seven sites, Leavenworth, Lenexa, Topeka, Wichita, Salina, Hays and Iola. Family members will be notified by mail, Newsletter and the 35th (ID) M AKO Collaboration Site. The first VTC's are scheduled April 3, 2003 and April 24 2003 from 9:00 am to 3:30 pm in Leavenworth and April 19th 2003 from 9:00 am to 3:30 pm in Lenexa. Families will be allotted 20 minutes

to communicate with their soldier. Please contact the Leavenworth Family Assistance Center if you would like to schedule a time for a VTC Conference with your soldier. First come first served. Video Conferences can also be scheduled individually by contacting your Family Program Coordinator or one of the Family Assistance Centers. All family members are welcomed to attend the conference as well as family pets if they are well behaved. Please keep Operation Security in mind when communicating with your soldier (let's keep them and your family safe!!)

Summertime Crostini*

*Crostini - an Italian appetizer, crusty bread with delicious to

Makes: 16 Servings

Preparation Time: 20 Minutes

Cook Time: 10 Minutes



32 (1/4 inch thick) baquette-style French bread slices
1 (6 ounce) jar marinated artichoke hearts, drained and finely chopped
1 (28 ounce) can RED GOLD® Whole Peeled Tomatoes, finely chopped
2 tablespoons fresh basil, chopped
1/2 teaspoon salt
1/8 teaspoon black pepper, coarse grind

Directions

Preheat oven to 325°F. Line cookie sheet with foil. Place bread slices on lined sheet; spray lightly with nonstick cooking spray. Bake for 6 to 9 minutes or until crisp. Place bread slices on wire rack to cool. In a mixing bowl, combine artichokes, RED GOLD® Whole Peeled Tomatoes, basil, salt and black pepper; mix well. Spoon tomato mixture on bread slices.

NUTRITIONAL FACTS PER SERVING:

Calories 80, Fat 1g, Cholesterol 0mg, Sodium 260mg, Carbohydrate 14g, Fiber 1g, Protein 3g, Vitamin A 4%, Vitamin C 6%, Calcium 2%, Iron 4%



Websites of Interest

www.AboutFlags.com

www.Flagline.com

www.us-flag.com

<http://www.military.com/deployment>

Calendar of Events April 2003

35th Inf Div (M)
Family Readiness Office
#2 Sherman Ave, Bldg 1951
Ft Leavenworth, KS 66027

Phone:

(913) 758-5081 or

(913) 758-5080

Fax:

(913) 758-5055

E-Mail:

terry.myers@ks.ngb.army.mil

HHB 35th DivArty
1111 N. Severance
Hutchinson, KS 67501
(620) 728-4256

david.dean@ks.ngb.army.mil



We're on the Web!

See us at:

<http://www.ks.ngb.army.mil/35ID>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 April Fool's Day	2	3 VTC Conference Leavenworth Message across America Leavenworth	4	5
6	7	8	9	10	11	12
13 VTC Conference Hutchinson	14	15	16 Passover, begins at sunset Message across America Topeka	17	18	19 VTC Conference Lenexa
20 Easter Daylight Saving Time Begins VTC Conference Hutchinson	21	22 VTC Conference Salina	23 Administrative Professional Day	24 VTC Conference Leavenworth	25	26
27	28 VTC Conference Topeka	29	30 VTC Conference Iola			